

2025 Psychological Puppet Defense - Field Card

Carry this with you or memorize it. It condenses the active manipulation tactics, their deeper archetypes, and quick counter-moves so you can spot and break them in real time.

Isolation

Quick Spot: People around you change tone or distance without clear reason.

Counter: Keep at least one solid connection outside their influence. Log behavior shifts.

Discrediting

Quick Spot: Rumors or comments painting you as naïve, unstable, or paranoid.

Counter: Stay calm and clear in speech. Document insights with dates.

Trigger Testing

Quick Spot: Random remarks or noises trying to provoke you.

Counter: Pause. Recognize bait. Choose not to dance on their strings.

Echo Chamber

Quick Spot: Same story repeated by different people/channels.

Counter: Repetition ≠ truth. Limit exposure to hostile repetition.

Narrative Hijack

Quick Spot: Your words twisted to sound foolish or extreme.

Counter: Keep originals preserved. Share only in safe, controlled spaces.

Inversion

Quick Spot: They play rational/helper while making you seem irrational.

Counter: Don't argue on their terms. Speak truth to your audience.